



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

NEWS AND INFORMATION FROM
The Grand Traverse Bay YMCA

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January 20, 2011: FOR IMMEDIATE RELEASE

Y POWER X FITNESS CLASS

The Grand Traverse Bay YMCA is offering a new high intensity fitness class called "Y POWER X". This class will have participants tone and build muscles and gain endurance using weights and plyometric circuit training.

No rhythm needed, just an attitude for hard work and a desire for great results! This hardcore strength and conditioning class is aimed to challenge even the fittest. So if you think you got what it takes to make it through an intense rip roaring program then ... BRING IT!

This class will be held on Saturdays, at 11:00 am – 12 noon at the Y Main Facility on 3000 Racquet Club Drive in Traverse City. Like all Y fitness classes, this class is free to YMCA members and non-member pay \$10. Note: No child watch babysitting will be provided during this class.

For more information call Crystal Ceaser at 933-9622 or our website at www.gtbayymca.org.

The Y is FOR HEALTHY LIVING

Our goal is improving our community's health and well-being. The Grand Traverse Bay YMCA brings families closer together, encourages good health and fosters connections through fitness, sports, fun and shared interests. As a result, thousands of youth, adults and families are receiving support, guidance and resources needed to achieve greater health and well-being for their spirit, mind and body.

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